

THE SPIRIT

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Ebola: The disease of the century of the week

by **Michelle Bruce**
& **Kayla Yates**

These days, it seems the people of the world are the audience of the Oprah show. And this time when she says look under your seats, it's not car keys or a weight loss book, but instead: "You Get Ebola! And you get Ebola! We all get Ebola!" Calm down Oprah; your show ended a while ago. You probably won't get Ebola if you keep clean and don't go around breathing other people's sneezes. It can be fatal, but it is preventable. Ebola is an infectious and generally fatal disease marked by fever and severe bleeding. It can't be transmitted through the air, but rather by contact with infected body fluids. Blood, saliva, and urine are some body fluids that can transmit the disease. Ebola can also be spread by infected animals like bats, pigs, and birds. Objects contaminated with the body fluids of Ebola patients, like needles and surgical equipment, also further spread the virus to more people.

In the earlier stages of Ebola, patients can display fever, muscle aches, vomiting, headaches, diarrhea, and a rash for some cases. Initially, Ebola appears very similar to the flu. In the later stages, internal and

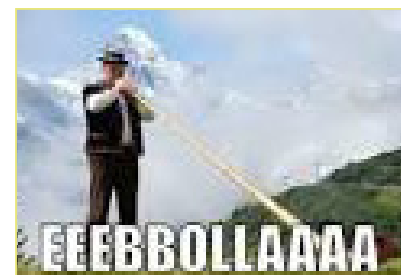
external bleeding start to take effect. The eyes, ears, mouth, nose, and bowels are the most common to bleed, with decreasing liver and kidney function following suit. The fatal part about the virus is the low blood pressure caused by all the blood loss.

Considering how far away we are from a cure, trying to prevent Ebola would probably be a better use of our time and resources right now.

A few ways to prevent Ebola are to wash your hands regularly and to practice good hygiene. Since areas with poor sanitation are where Ebola is the most prevalent, places like Warrensburg are safe. The quest for a cure is impossible to accomplish today because the disease cannot be cultivated. We cannot grow the virus for experimentation and testing. Now everyone is freaking out about this bloody virus for no reason. Unless you've recently rolled around in a dead animal carcass and the puke of Ebola victims, you should be fine.

The media is covering the disease so heavily that Ebola has turned from a deadly virus into an inescapable Grimm

Reaper that is out to take the world. IT IS NOT DOOMSDAY. The amount of press and attention this is getting has pushed society to fear a disease in Africa that has two cases in Texas. Calm down. Judgment day is not upon us, and Ebola certainly isn't going to attack you just for going outside. When Ebola is cured, we can all dance like Ellen, but until we do, take it seriously. It isn't as horribly gut wrenching as the media portrays, but it is still a tragic virus taking its victims away from their families and friends. If left unchecked, it could devastate the world. The WHO and the CDC are doing lots of work to keep Ebola in check. When Ebola's got you down, just remember that it could always be worse. This could be the bubonic plague.



CLAPS & SLAPS

Claps for the Royals. You tried boys.

Claps to coffee. Thanks for getting me going

Slaps to Joe Buck. Stop being biased.

Slaps to NASA. Get out of space.

Claps to Spain, your weren't in WW1 or II

Slaps to the new fire-wall. What happened to Google ?

Goodbye to the Burg BY/AbbieScott

A farewell to the town that became my home

Speechless. I was sitting at my dining room table, a piece of furniture that had somehow been through all of my family's moves, and my best friend was sitting right next to me. For the first time in quite a few years, I was at a loss for words. I'm 80% sure that the last time I had been speechless was four and a half years ago when I learned I'd be moving to Missouri. It had been a Tuesday in March of my fifth grade year, and I, for lack of a better term, completely freaked out. For three years I had lived in Arkansas, and I had friends and a life that I loved. It's been almost five years, and Warrensburg is the best thing that's ever happened to me. I told one of my friends the other day that I've made some relationships here that I'd never thought I'd make. What people don't realize is that I haven't just made friends in Warrensburg; I've made a family. I came to the Burg when I was eleven years old, started middle school, and what were supposed to be the worst years of my life became the greatest. I met my best friend while talking about band. We had math and comm. arts together, and though at first we quietly judged each other, we now have the best friendship I've ever experienced.

Warrensburg has changed my life. I've loved (almost) every second of it, and I won't forget the people here. Once, I was driving around downtown with my friend before one of the weekly football Thursday night dinners. Normally we blast rock

music out of the rolled down windows, but that day my friend was in a Whitney Houston mood. So I got on YouTube and we blared "I Will Always Love You" to every Warrensburger that happened to be walking. There was one particular fellow that turned and grinned at us as we passed him. Now, I had no idea who this stranger was, but I figure that had I have gotten to know him, I would, in fact, have loved him because Warrensburg has a way of producing phenomenal people. This is what I'm going to miss. I'm going to miss letting my hair down in my friend's car as music roars through her windows. I'm going to miss pulling all-nighters with some of my

“Warrensburg has a way of producing phenomenal people.”

closest friends during which we managed to splatter homemade icing all over my kitchen. (I got in some serious trouble for that by the way, and we're still finding icing.) I'm going to miss the cheesy jokes and dinosaur socks before basketball games. (Why can't you hear a pterodactyl go to the bathroom? Because the 'p' is silent.) I'm going to miss the coffee runs every Friday with my insanely athletic friend. (Thanks for driving me around.) I'm going to miss how comfortable I am with the friends that I've made. (Sorry I'm so opinionated, guys.)

I'm even going to miss the FaceTime calls that occur way past my bedtime to discuss our homework.

I'm going to miss Warrensburg. However, there's absolutely nothing that I can do. In the words of one of my favorite authors, J.K. Rowling, "What's coming will come, and we'll just have to meet it when it does." I have to move, whether I want to or not. That's going to happen, but I have something to say to this town before we vamos. Thank you. Thanks for the experiences that you forcefully shoved in my face, like that whole going from a school with 5 in my class to a school with 150 in my class. Thanks to the people that stuck by my side despite my annoying and ludicrous personality; there are too many of you to name, but just know that I love all of y'all. Thanks to the teachers that taught me and let me know I was wrong in a way that didn't make me want to shoot myself in the foot afterwards. (For those that did not do this...um, thanks for being right?) Thanks to my best friends; y'all are the coolest people in the world, and I could not have chosen better people to hang out with. Thanks Warrensburg. For everything. Children's author Dr. Seuss once said, "Don't cry because it's over. Smile because it happened." Well, I will probably cry; heck, I'm crying right now, but that's because I loved my years here, and I won't forget them anytime soon. So, goodbye to the Burg. I'm gonna miss ya.

Shelby Palmer BY/Jordan Milne & Rhianna Grisdale

Scholar-Athlete Shelby Palmer Runs Down a Dream

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Shelby Palmer lives for two things: running and academics. Her biggest influences include her parents, Brett and Angela Palmer, who let her be creative and guide her to a positive future. Shelby wants to major in biology or education when she goes to college. She is already on the right track by being an honor roll student, taking advanced classes, and being in the top 15% in her class. Her achievements don't stop there. She is a varsity track and cross country runner who plans to follow in her parents footsteps by running in college.

To fulfill these goals, she is a strong believer in the off-season. She is a year round runner, but finds herself injury prone. "One of the best things you can do is on your easy days, take it easy; on your hard days, really kick your

butt," she said.

Before every race, Shelby takes a deep breath and reminds herself that everything will play out the way it should and that, no matter what, she has supporters. Whether those supporters are her family or friends, she is al-

***"There's no one I would rather be crazy with than my friends,"
-Shelby Palmer***

ways appreciative and lucky that she gets to do what she loves. One reason Shelby loves running so much is because she has some of her best friends by her side that she trusts and that she can be crazy with. "There's no one I would rather be crazy with than my friends," she said. Another reason she enjoys running so much is that some of her friends

also share the same passion for running, which means they get to travel along beside her in all of her achievements. Shelby has recently made all-conference as a sophomore and plans to run her way to state just as she did her freshman year in cross country.



Sophomore Shelby Palmer running to the finish line

“ Not A Piece of Meat “ BY/NisaAdams

Think twice this Halloween before you sexualize a women’s costume

Many women will be participating in Halloween festivities this year. Many of these girls will decide to wear what society has deemed as “slutty” costumes, but it’s hard to find a costume that is not slutty. Almost all of the costumes sold for women have very little material, and most are labeled “sexy”. What is one of the common reasons given for when a male rapes a woman? Her clothes provoke him.

In a majority of rape cases the defendant states that the woman’s clothing provoked him. In this case, the victim could have worn anything from shorts and a tank top, a short skirt or dress, or a low cut shirt. This should not be cause enough for anyone to put their hands on a woman unless she has vocally and clearly given her consent. Furthermore, men shouldn’t find women’s attire provocative. So why do they?

One of the causes goes all the way back to junior high. Most schools do not allow a female’s shoulder to show, and almost all have a limit on the length of shorts or the amount of back being exposed. A high school in North Dakota has banned leggings because they’re “too distracting” to young males. It is important for

young people to learn proper standards of dress, and to realize how little is too much. Reproductive organs obviously shouldn’t be showing in either gender. But if you teach young men that they should be finding girls distracting, then they will. Younger people are more impressionable, and they will keep traits and ideas that they grow up with.

.....
: “Not only boys think :
: that girls are sexual ob- :
: jects though. Girls also :
: learn this,” :
:.....

Not only boys think that girls are sexual objects though. Girls also learn this. They learn this from adults constantly telling them to “cover up”, or from being shown females playing sexual innuendos in the media, or from being depicted as the weak, helpless princess. This is not true, but just an idea that has been pressed into the youth. However, girls are also learning that being a sexual object is not as desirable as it may seem, especially around boys in high school and beyond.

Teachers don’t see everything that boys do. Especially in high school and beyond, men become very good at hiding their behaviors. There are even high school boys that I have spoken to who have willingly admitted that, yes boys do act terribly to girls their age, whether it’s simply an unwanted kiss or much more. Whether the idea of women being sexual objects came from school, the media, or somewhere else entirely, it is a problem. Teachers need to be more aware of the vicious environment that some women experience in school.

Boys have been given excuses to their inappropriate behavior since a very young age. Girls should have the right to wear the same amount of clothes as men do, without consequences. I’m not saying that women should go around topless, but if I want to show a little leg, I shouldn’t have to fear walking down the street. As a woman, I refuse to be limited to a garment or a fashion choice. My outfit does not make me the main course on a man’s plate.

Too Old to Trick-or-Treat? BY/CassieSlana

If you second guess yourself when going to trick-or-treat, just remember that there are no rules to tell what the cut-off age is for Halloween fun.

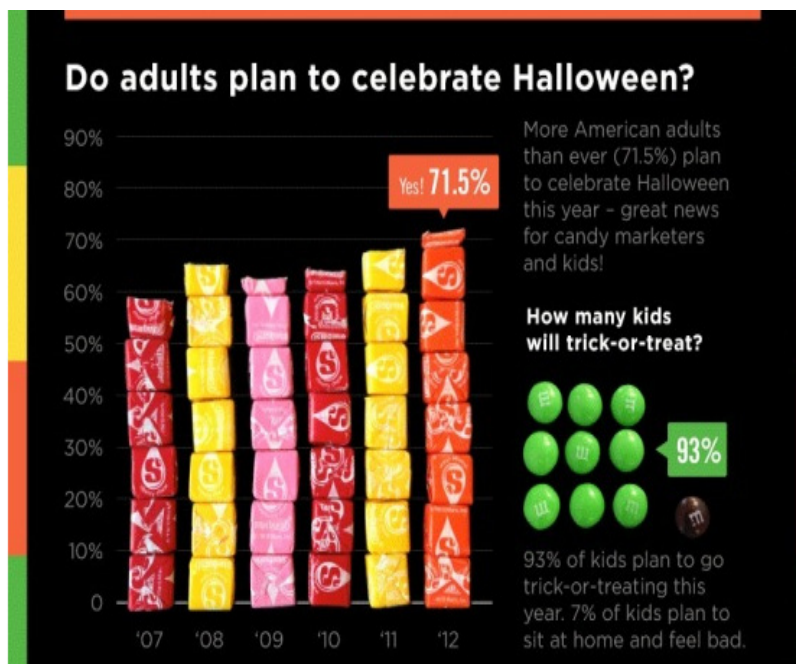
It's okay to be different. It's okay to divert from how society tells you to be. It's okay to make a fool out of yourself. So, it's certainly okay to dress up for Halloween and trick-or-treat when you're sixteen years old.

*Ever since I was twelve, I've received shaming looks from homeowners as they opened the door to me asking for candy. Just because I was a head taller than all of the kids my age, they assumed that I was *gasp* older. But why does that matter? I should be able to have fun and trick-or-treat all night at any age, without being judged by anyone.*

October the 31st is a night for everyone. It's a night to dress up as something that you love or idolize. As you get older, the costumes change, but the point stays

the same. If you asked the student population, I'd bet that at least 95% of them wouldn't mind to be given a bunch of free candy. Halloween is for fun, fear, and most importantly, trick-or-treating. Adults may think that teenagers overshadow smaller children, but they need to be reminded that there are no rules that define what ages are "okay" for trick-or-treating.

There will always be people who think that teenager's intentions are for trouble, when all we're looking for is a sugar high like everyone else. No matter a person's age, they should be able to do whatever they choose to on Halloween without any judgment from their peers or any reprimanding thoughts in the back of their mind.



Halloween Movies BY/AdamShaul

A review of one of the most loved Halloween Movies

When I was younger, I watched a movie called Halloweentown. It was about Marnie Piper, who was living in the mortal world when she discovered that she was really a witch.

'round and I loved it! I watched in awe of the wonderful world of Halloweentown, entranced with the idea that it could actually exist, and eventually I believed it was.

Her family, the Cromwells, came from a magical world called Halloweentown. In this magical world, it is Halloween all year

After a few years I stopped believing in it. However, the spirit of Halloween still burns bright in me, like a Jack-O-Lantern on October 31st.

Halloween Movies By/ CassieSlana



1. The Nightmare Before Christmas

In Tim Burton's **The Nightmare Before Christmas**, Jack Skellington is bored of his life in Halloween Town, so he wanders and eventually finds Christmas, and brings the traditions back home with him. He wants to deliver presents like Santa Claus, and he wants the town to be decorated and sparkling, but they can't seem to get it quite right. In a tale of love, adventure, and Halloween-terror, there's no better movie pick this Halloween than **The Nightmare Before Christmas**.

2. Tim Burton's Coraline

In Tim Burton's **Coraline**, a little girl, bored of her dreary life, seeks adventure through a little locked door in her new house. After crossing through the passage behind it, Coraline is greeted by her "Other Mother". Everything about her is perfect, except for one thing: she has buttons sewn onto her eyes. At first, her "other life" is everything she could imagine, until things begin to go awry, and the "Other Mother" tries to sew buttons onto her eyes as well. Coraline rebels from the "Other Mother" and makes a deadly deal in order to save the children who have crossed through the little door before her. This suspenseful, intense movie will keep you glued to the edge of your seat, so watch **Coraline** this Halloween, but leave the needle and thread at home.



HEARD IN THE HALLS

"I'm a god everyday"

"I don't know what Jesus' legs looked like!"

"Why are you throwing fruit at your Lord and savior?"

"It's okay to have a cheat day"

"I turn into a velociraptor when I'm tired."

"I don't want a golf course on Mars."

"I had a cheat life!"

The Tigers and Royals: Changing Their Culture

BY/JordanRucker

In Warrensburg there's been a culture change this year. We won our first football game in two years. But the Tigers aren't the only team that's made a drastic turnaround. The Kansas City Royals are making their first World Series appearance in 29 years. This just goes to show when people doubt a team, then they just use that as fuel to their competitive fire, or when people say that haters are the best motivators, the Royals & Tigers are people who believe that.

The Kansas City Royals are known for their speed, leading Major League Baseball in stolen bases during the regular season. Their most known base stealer and arguably the one of the fastest men in baseball is Lorenzo Cain. It's been reported that Cain can run from first to second base in 6 strides!

The man can straight out fly around the bases, but in Warrensburg they know how to get to the end zone pretty fast too. Senior Zach Nowlin also showed his great speed and power by gaining over 800 yards rushing. Nowlin was a big part of the Tigers success on offense this year. The Royals aren't just known for their speed. They have some power in their bats. Billy Butler, hits in the middle of the order and provides a huge punch, which is why they call him Country Breakfast. Colin Braun, a senior defensive tackle and our own lovable chunk, is known for knocking around quarterbacks and running backs in the opponents' backfield. These men are both larger than life itself and are tough as nails, and people you wouldn't want to meet up with in a dark alley.

The Royals have an outstanding pitching staff but perhaps the most interesting pitcher is Yordano Ventura. He's the second youngest pitcher on the Royals and made his first World Series started in game 2, and pitched lights out en route to them tying the series 1-1. The Royals aren't the only team with young up and coming talent. Ben McClung is only in his second year of high school and started as the varsity quarterback. Ben has a cannon for an arm and has become a great leader for the team.

Both the Royals and the Tigers had turnaround seasons, thanks to speed, muscle and, heart. Let's hope it continues for years to come.



The Booneville Massacre Fiction BY/OliviaCupp

A campsite just outside of Booneville, Mo drew a group of 8 teenagers to its campground. The group decided to go hiking through two caves, so they split up into two groups of four and each group went into a different cave. Timmy was the leader of the boys group and Annie was the leader of the girls group. Timmy dared the girls group to go in the cave with only one flashlight. The girls accepted the challenge with only one condition- the boys had to do the same thing. The boys agreed, of course, so the girls started inside the cave.

It loomed in front of them, typically dark and rather foreboding. Inside, the cave was quite larger than it appeared. It proceeded inwards for about one hundred yards and then sloped down quite quickly. The sunlight from the cave mouth soon faded away. Annie let one of the other girls be in charge of the flashlight, so she turned it on and lit the way. The

group stopped every once in a while just to look at things in the cave. After about an hour, the girls ran into a situation... they had came upon a giant hole in the cave. The gap was big enough that they couldn't cross and they only had one rope and no harnesses. They decided just to turn back. After about 30 minutes of walking, the flashlight went out. Annie questioned, "What happened? We need the light, we can't see." There was no answer. They heard a crack. Something suddenly hit Annie hard in the back and she fell forward. She felt around to see what object could have hit her. She felt a body. It was one of the other girls, but she couldn't tell who it was. She shook the body relentlessly trying to find any sign of life from the girl. When she had determined that the girl was dead, she gathered the rest of the group and began running towards the cave entrance.

Out of breath, the girls reached the entrance and stumbled out. They fell on the ground crying and trying to catch their breath. The guys were already at the campsite and they ran up to see what was wrong. Annie stood up in a panic and began trying to explain what had happened. She was going around hugging everyone when she noticed something strange...

Timmy's group had two flashlights.

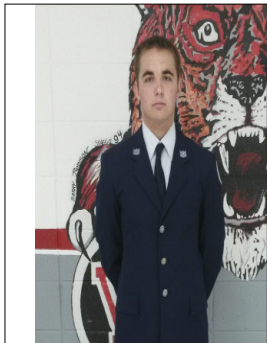


Question of the Month BY/Kayla Woolen

Have any Superstitions?



*"In order to have a good day I have to straighten my hair."
-Karla Woolen '16*



*"I drink Yoo-Hoo before every Friday evening swim practice;
otherwise I won't swim well!"
-Aaron McNair '15*



*"Every basketball game I eat Dairy Queen before I score 18 or
more points."
-Brady Roop '15*



*"I must wear the same basketball shoes for every game for
good luck!"
Maison Devries '17*

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